



Here are some great ideas from Tower Hamlets Healthy Schools team for fun things you can do whilst staying safe and staying indoors over the Easter holidays. Feel free to share with us on twitter how you've got on with some of them. @woolmoretweets

50 kids PLAY, MAKE and LEARN activities



Estimated time: 5-10 minutes

Age 3+

The '5 minute fun website' has put together 50 quick and easy activities and projects which use items that you may already have at home. The website has hundreds of activities, craft ideas, baking, learning and party ideas to explore. Why not give the following ideas a try this weekend?

<https://www.5minutefun.com/play-make-learn-50-more-kids-indoor-activities/>

Make your own playdough



This playdough recipe takes just 10 minutes and uses ingredients that you may already have in the cupboard; it is as simple as combining flour, warm water, vegetable oil and food colouring. The best part about the dough is that it can be stored inside a sandwich bag in the fridge until next time, adding water will bring it back to life. Let your imagination run wild by trying out different colours using food colouring.

<https://www.5minutefun.com/how-to-make-your-own-dough/>

The Alphabet game: A great way to get kids talking



With a plethora of electronic devices, streaming films and computer games, all competing for attention, it is important for children to take regular screen breaks. This simple game is an effective way to get your children talking. Begin a conversation on a topic such as 'school', then challenge the children to go through the alphabet and think of a word that starts with each letter. For example **A:** algebra, **B:** basketball, **C:** clock, **D:** desk...You can then use any of the answers to spark further discussions, by asking open-ended questions such as 'Basketball': "how did you get on with the tournament the other day?"

<https://www.5minutefun.com/5-ideas-to-get-kids-talking/>

Grow saucer vegetables with the Royal Horticultural Society



Estimated Time: 15 minutes

Age: All

Do you fancy something a bit more educational? Did you know that there are vegetables that you can re-grow again from kitchen scraps? Try this fun, easy and engaging science experiment to grow either celery, carrots, parsnips, beetroot, chives, leeks or turnips. The activity is excellent for helping children to discover what plants require for growth, observing growth and change over time, whilst also showing care for a living thing.

<https://schoolgardening.rhs.org.uk/Resources/Activity/Saucer-veg?returnUrl=%2FResources%2FFind-a-resource%3Fso%3D0%26pi%3D120%26ps%3D10%26f%3D1,1:>

Drawing

Drawing tips from Tracy Beaker illustrator Nick Sharratt



Nick Sharratt has illustrated almost 250 books. They range from board books for babies to novels for young teenagers. Sharratt has worked with a wide range of authors including [Julia Donaldson](#), [Jeremy Strong](#), [Michael Rosen](#), [Giles Andreae](#), [Kaye Umansky](#), [Kes Gray](#) and [Dame Jacqueline Wilson](#). Sharratt was also the official illustrator for World Book Day in 2006 and he has a Gold Blue Peter badge!

http://www.nicksharratt.com/drawing_tips.html

Be Active

Diversify your dancing with Diversity star Ashley Banjo



Are you looking to spend this time learning to dance? Star of Diversity and the 20DV dance team have decided to make access to their classes and tutorials completely free! Their website says, “Due to the unprecedented spread of COVID-19 we have decided to make access to our classes and tutorials completely free for everybody until the start of May!” Their positive message continues on their website; “Diversity and the whole 20DV team want to spread nothing but love and positivity in these troubling times and we think dance should be accessible to everybody regardless of circumstance” and sign off by saying “Be safe... Get dancing... Keep smiling...”

<https://20dv.co.uk/>

Be the Greatest Dancer with Oti Mabuse



Strictly Come Dancing and The Greatest Dancer star Oti and her husband Marius Lepure are putting on free daily dance classes each morning, with many aimed at children. The routines include inspiration from The Greatest Showman, Oliver, Frozen, High School Musical, Mary Poppins and Trolls. They also include beginner classes for salsa, jive and the paso doble.

https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g

For the gamers...



This hugely popular and highly social collection of online multiplayer games is coded and designed by the players themselves, then shared with the rest of the Roblox community. In the wake of the Coronavirus pandemic, the company has been adding more curriculum and educational games to its teaching resources, with featured lessons including an introduction to coding and game design, how to create multiplayer maps and coding basics like arrays and strings. Give it a try and let us know how it goes!

<https://education.roblox.com/en-us>

Opening up about how you are feeling is important

During this time, you might be feeling a whole range of emotions on a variety of topics. Talking to people who care about you can be a really good way of getting support and just getting your thoughts out of your head. But it might be scary, or you might not know where to start. Mind can help you find a way.

<https://www.mind.org.uk/information-support/for-children-and-young-people/talking-to-friends-and-family/>

